

## **Inclusive Swim & Splash**

Kenneth R. Dunn Municipal Pool 251 Pump House Road 410.263.7928





Exercise is challenging, especially for those with a disability. Join us on Friday mornings to swim and enhance your abilities to accomplish the seemingly impossible or just to have fun!

This inclusive aquatic program allows individuals with disabilities the opportunity to live more and is a great way to keep fit and healthy despite challenges normally found with outdoor exercise or in a gym environment.

Proper supervision required. ADA-compliant. All ages welcome.





Fridays, 7 - 9 am @ Lap Pool

Fridays, 7 - 10:45 am @ Splash Pad \$ Leisure Pool

For questions, please email Jennifer Jennings at jmjennings@annapolis.gov.